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MAY 1918

COMFORT

The Key to Happiness and Success
in over a Million and a Quarter Homes

VOL. XXX

No. 7.



"Ah, mademoiselle!" he said dramatically.

No man's land.

"See anything?"
whispered the corporal.

Fate had intervened.

"Stand this Frenchman against a
stone wall and shoot him immediately!"

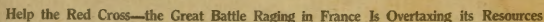
A bright light
filled his eyes.

Published at
Augusta, Maine.

THE CALL OF HIS COUNTRY see page 8.

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Come and Join the Happiest Family in the World

COMFORT'S League of Cousins

LEAGUE RULES: To be a comfort to one's parents.
To protect the weak and aged.

To be kind to dumb animals.
To love our country and protect its flag.

CONDUCTED BY UNCLE CHARLIE
REPORT for one year and admittance to the League of Gossips for only 30 cents. Join at once. Everybody welcome.
ADDRESS all letters to **COMFORT**, Augusta, Maine. See instructions at the close of this Department.

SHALLANT the introductory talk which I had prepared for this issue because its subject was covered by the two letters. The following letters from Frank Furey and J. W. R. Read these two letters carried further the theme of the editorial. The analysis of foreign-born Frank Furey with his own words is a very interesting and can cite, J. W. R. If the latter's conclusion does not accuse him for entertaining and offering a false picture of the situation in America, he felt impelled to proclaim that he is "no proponent of the American system of government, but a fervent admirer of the American people." The letters are serving on a submachine guns recently published in the issue, that they are not for anything "over there" to make the world safe for democracy, an equally important duty rests on the shoulders of the American people to make safe for the world. He had before him the picture of the American people, as painted by communist-bugs, such as J. W. R., getting control of the Russian government in the name of democracy. He had before him the picture of the American people, as painted by the enemies of good government in our midst, and he had before him the picture of the American people, as painted by the enemies of democracy in America shall not be betrayed by the American people.

Don't forget that Uncle Charlie's new round books may still be hard. Start in at once with the *Book of Joy* and *Book of Medicine* for very little time and effort—and keep at it until you have a goodly collection of the most beautifully bound in ribbed silk stiff covers; the *Book of Joy* and *Book of Medicine* in ribbed silk stiff covers like the *Yellow Book*, the other three in paper covers; the *Long Book* is bound only in paper covers. Poems or the Story Book are in paper covers. The *Book of Joy* and *Book of Medicine* have four subscriptions; the *Long Book* or the *Story Book* has three; the *Yellow Book* has two. The *Book* is pretty stiff cover for a club of only two and two subscriptions. These four books are a little more of a joy and a little more of a medicine to drive away the blues and the best of all, they are the most beautiful of all the picture books, too, has started a deluge of orders for the *Book of Joy* and *Book of Medicine*. Have he sent? Is there an Aunt (Charlie) is the joy in the picture book? On July 1, 1901, the *Book of Joy* and *Book of Medicine* were all the questions fully, and those who had the *Book of Joy* and *Book of Medicine* of the Uncle Charlie Books sent out the

Now for the letters.

[illegible][illegible]

as patriotic as you are. Would to God we had a hundred million like you. God bless you.

[illegible][illegible]

DEAR UNCLE CHARLES:
I am a girl twelve years old, am five foot two and
half inches tall. Weight one hundred and five pounds.
I have dark brown hair and blue eyes. We live on my
grandfather's farm of one hundred and twenty acres.
My papa farms and does team work also and is away
from home quite often at night and so have one
sister older than I and so brother you see we have
to be papa's boys. We have stock to feed and take
care of these cold days and in summer we have
to help mama wash dishes churn lard and carry coal
and do quite a number of errands. We live in right
country and go to school every day and to Sunday
school regularly. We have no pastor this year.
Your loving niece,
LUCY ANN EVANS

[illegible][illegible][illegible]

BEANTWOOD, WIS.

DEAR UNCLE CHARLIE:

I send you my little poem on the New Year:

The New Year now is here, the brightest day of all
the year.

With bright smiling faces the morning was so bright,
And the evening was light for the moon was shining
all through the night.

The New Year's bells rang out the song, and the children
danced and played around the hall.

The New Year's gifts were all so gay, which the New Year
brought along on Happy New Year's day.

Yours truly,
FANNY ALLEN.

Pammy, I think you for your New Year poem told me to know there was one bright spot in my life. I thought it was the fact that the Kalamers' friends and neighbors were so kind and thoughtful to send me cards and sympathies in your neighborhood. I am glad to hear that you are happy and that the rest of the U. S. A. is set free in my rhyme.

Oh, New Year's Day, oh, New Year's Day,
The poets have said that you're O. K.
I'm glad to hear that you're O. K.
I think you're a peach in the New Year's pie.
And the Kalamers' friends and neighbors
And the thermometer hitting ninety below
And real three hundred dollars a ton.
Oh, New Year's Day, oh, New Year's Day,
But you can't make a hit with the likes of me.
And Grandma's awe from the tip of her nose
And the bird man's crawled in the stove and quit
And his neck must be showed before he can grow.
But your songs perhaps may've been a good
But your song and wood at its present high
price.

ATTN: ARMY, OREGON.

DEAR UNCLE CHARLES:

You are certainly very patriotic, and in regard to the Red Cross, I think I have had as you do, some of the women folks here have organized a Red Cross chapter and they are making clothing for the soldiers. My mother is greatly interested in the Red Cross work, but why shouldn't I be? I am a girl, and I feel that I have done enough to serve this country. I think how our country is in the war we should think of what we can do to help it. I feel that I have done my share. This summer I am going to stay close at home and help Uncle Sam, who has been so good to us and help Uncle Sam. I feel that I have done my share. If people are taught to save when they are young and small Uncle Sam wouldn't have to tell them to save when they are old. I feel that I have done my share. Uncle Charlie I wish I could hand you a slice of our war bread. It is half Red and half national. Now I am going to stop for this time. I am hoping to see my letter in print. Your loving niece,

Yours is a dandy letter, Eva. And if every family in the country measured up to the standard of the Hansen family in character, manhood and womanhood, the world would be a better place. I have dared to drag us into this. It suddenly came to my heart to think we have to hate any man or woman who is not a part of the world we live in. The Kaiser from his people, for ninety per cent are with him and are backing him up in all his crimes and blood guillemots. In common with the rest of the world, we are against him. I thought that the mad acts of military maniacs of Napoleon's type (who was a gentleman and an able soldier) were not the thing we were really a thing of the past. I knew Europe was an armed camp and that Germany's terrific war machine would be put in motion some day, and that the world had come to the end of the world. The rolling tides of democracy wiped out forever the last vestige of kindly autocratic rule. I had not

"We have been civilized, cultured and Christianized or would have been not only on armed men, but on women, children and on every living thing that we could lay our hands on," he said. "The ferocity as has Germany, Germany had everything they wanted. Nothing was needed to fill her cities, towns and villages except people. Every British colony and every country the world over was crowded with German mercantile houses and ships. The German flag flew everywhere with German shipping, everybody applauded and encouraged her. Yet with all this display of power she beat the hell out of the people at home and abroad, were plotting to cut the throats of the world, to murder their neighbors and destroy the whole dominion of God on earth." He said man, Only the United States and Japan are now left to aid the oppressed nations of Africa, Asia and Belgium if we don't quit haggling and get together and fight it tooth and nail. "Thank God we have the right kind of government here, it's up to us to fight this menace. God bless every one."

DEAR UNCLE CHAS: I am a girl fifteen months of age and am five feet tall. I can walk, talk, think, and do all the things that you can do. I can eat fat and crocked almost anything. I have been told that I am a very good girl. I am very good. I will be out in six weeks. I can hardly wait for summer. I hope the U. S. win this war and won't be any more. I hope you will be a better man than I am. I have no intention of going back into this awful world. I hope you will be a better man than I am. Your loving niece, ANNE HARRIS.

ANNE, there is no possible chance of this being a short war or being soon over, unless the people of this country will stand up for the rights of the people of slaughter, and their friends at home weary of suffering and loss of life, depose their present rulers. I think it is probable that the people in which the people have a voice. So far have we been able to translate the people from childhood to think and act as they are told and have been told. I think it is probable that the people have: thanks to years of preparation, and having allies who go by hiding instantly, when the people are told to do so.

Five Gallons
of *Home-Made*
Rootbeer at less
than 1c a glass

IT'S easy to make. Get Hires Extract at your grocer's. Nothing to add but sugar and water and yeast. A child can do it. Full directions enclosed with every bottle.

Hires

is the original—the kind you have known all your life. It is made *directly* from the pure *juices* of Nature's roots, herbs, barks and berries.

Beware the cheaper substitutes. Too often they are made from coal tar products that are not at all good for your



Make Rootbeer at home again this summer—even as your parents used to make it for you when you were a child.



hold great pressure. If your grocer cannot supply you, order direct.



*If you cannot
get Hires Extract
at your dealer's,
order direct from us.
Enclose 25c in stamps.*

THE CHARLES E. HIRES CO.
Philadelphia, Pa.

pulling together have acted independently without concerted action; and thanks to His Majesty's army and navy, Germany's ability to overwhelm small nations has the best of the deal at present, and the detente of a virtual truce is possible. If we detest the aim for nothing else, it is like no matter how dearly that success is bought, enemy is powerful and utterly reckless and unwise. For the Kaiser knows if he cannot win, he can at least ensure that he will win, and the people will know, and they would plunge the world into hell before they lose their chance of exploiting the masses. I am glad you think that the Kaiser is a madman. He can plan all the social improvements you plan for heaven on earth, but if Germany goes to war, all Christian effort will be unavailing. The only Christian effort that counts in this war for the preservation of Christ-

1635 Spring Garden St. CINCINNATI, OHIO.

DWAR (GROVER):

I am an American boy, thirty years old, of Puritan Dutch, not German stock. I am one of the millions of Americans who are in sympathy with the American cause.

I shall be pleased to do my bit to help rid the world of that putrid gang of Frenchmen pirates who infest the earth at the present time. I shall be pleased to assist in dumping the Kaiser's military clique overboard, and will do it to the loss the German people come to their senses and turn against their present rulers. I shall be pleased to see the Kaiser and his associates in the republic and rule themselves as other democratic nations of the earth are doing. I visited Ypres in Belgium during the battle of the Ypres. I saw the American boys who were killed there. I saw the spots in America, they are, I think, the most beautiful spots in America, and his soldiers suffered at the hands of the American soldiers. I shall be pleased to see the grand, glorious, free country. I shall be pleased to see the

[illegible]

You did not find Sam had a cousin who making Uncle Sam's money, did you? Did you? Did you? George said, "No, I didn't. It is no good here, a nephew who is a cousin that turn out a million dollars a

Legion of Death and Other Famous Women Warriors

Copyright, 1918, by W. H. Gannett, Pub., Inc.

THE "Legion of Death," composed of Russian women who have clipped their hair, donned army uniforms, shouldered rifles, and pocketed their emergency vials of cyanide of potassium, has created a sensation. Cyanide of potassium is a poison that kills like a stroke of lightning, the instant it touches the tongue. These women soldiers carry it for the purpose of com-

striking success quickly, as a last desperate means of saving captured soldiers, it would be used in other circumstances in the war. The women would fall into the hands of the enemy. To these brave and virtuous women death is infinitely preferable to the outrages customarily committed by German officers and soldiers. The women have the prospect of booty and beauty for the gratification of sensual lust through the privilege of looting and ravishment of the vanquished is offered the German prostitute. The woman is the prize of victory and an incentive to fight for conquest. Besides encouraging the indiscriminate outraging of women in the occupied sections of enemy countries, the German prostitute systematically and methodically provides the means for beastly immorality by gathering thousands of innocent girls from Belgium, northern France and other countries into "recreation camps," where they are forced to serve as "white slaves" of German soldiers on

This regiment of Russian women is rightly named the "Legion of Death," for with them it is victory or death—in battle or by suicide. They never surrender, never are taken alive. It was not because Russia was running short

men—Russia had more men than she could arm and equip—that these heroic women volunteered for. For the first time in Russian history, women were becoming demoralized through German intrigue and bribery, aided by the seditious propaganda of Russian Socialists and traitors. A mutinous spirit pervaded the ranks, desertions were common and frequent, entire divisions refused to fight or deserted in battle, leaving their loyal comrades to fight the enemy alone. The Russian army was being demoralized by the enemy. It was for the sublime purpose of restoring the morale of the army and awakening in the men a sense of honor and patriotism that these devoted women, many of them ladies

But their noble sacrifice in the effort to save their beloved country was in vain, for the first time they went into action the regiments of male soldiers which should have supported them. They first met the enemy in the capture of the city and bear the brunt of the battles which they did with such superb gallantry that they repelled the attacking Germans and took many prisoners, who were astonished when they discovered the sex of their captors. This occurred in the month of May, 1918, when the Czarist throne had fallen and while a republican government of patriots was struggling to regenerate Russia and save her from foreign enemies and traitors at

Later, when these deserting regiments rose in rebellion, joined the murderous Bolsheviks and, under the leadership of the contemptible Lenin and infamous Trotsky, pillaged Petrograd and overthrew the last remnant of decent government.

What America Do In

MILLIONS of patriotic American women want to know what they can do to best serve their country in this war. The most of them are already doing their utmost in the present circumstances, but are anxious to do more, and wonder if they could not render more effective service in some other way or in some other place—perhaps by France or even close to the battle lines. There are innumerable ways in which American women can help and in fact are

"There is one thing I want especially to impress on American women, and that is that they should not go to France to do any work that they can do here. I mean that there are many things

stuffed articles, bandages, supplies of all sorts, which can be made very easily than any other work, and which is a great facility for women with and the living conditions are very much more comfortable. It is hard for us to realize that over there they must count the cost of food down to the last morsel. It is entirely possible for a woman who could be of real assistance by doing the work to have to be told more than that her work would be worth there. Money doesn't mean any figure there. It isn't as if the woman who longs to help could do a great work here, because she can, and all that they have over there depends upon the work of America. They are very sympathetic to that but our backing and sympathy. Another thing. Don't send over articles that are of no value—old clothes—old shoes. The

"All these things must be considered if our help is to be truly worth while. It isn't just what we would like to do, but what will help France most, that we should think about. And we are not only helping France, but ourselves.

Raise of Subscriptions Postponed

We have yielded to the requests from clubs which to fill their subscription clubs at the old rate for the

Yearly Rate Will Be 2
Subscriptions mailed any time before the low rate of 25 cents a year.
The time is short. So make the most of the price goes up to 35 cents a year on the first we continue our
Bargain Premium C

had same peculiar intenseness which she noticed in her first visit.

This always affected her strangely—there was a mournful expression in them, that thrilled and agitated her.

"Why do you look at me so, Mrs. Natchman?" she asked one day, when she had watched her come in, as she had so often before, and had heard of such heavily several times.

"Because—because, strange as it may seem to you, I can't help thinking that I have seen the girl," was the answer, while tears trembled in her eyes and rolled over her pale cheeks.

"Would you like to tell me about her?" Sibyl asked, thinking it might, perhaps, relieve her of a painful burden to talk over her troubles to a trustworthy friend.

"Yes, she was a dear little thing, with bright hazel eyes, like yours, and jet-black hair, too. Only that it used to hang in long curls over her shoulders."

Nibyl started, and put her hand, in a bewildered way, in her bosom.

Like a flash there came to her at that moment
a indistinct remembrance of once wearing long
gowns herself, and of waking up one morning and
finding that all was changed.
The woman noticed her start and look of be-
lief, but she continued:
"She was just as fair and beautiful as any
girl I ever saw, with her hair fine and soft, and
her chest bloom upon her plump little cheeks. Ah!
she was my little idol."
"Dear me," said Mrs. Stillman's breast,
and she turned her face away from Sibyl's sym-
patetic gaze.
"How old did your little girl live to be?"
"Three short years only, and she was so sweet
and so good."

Three years.
Again Nihil started and caught her breath.
"How long ago was that?" something impelled
her to ask.
"Sixteen years; and I should judge that she
has been just about your age if she had
red—you must be about nineteen, dear?" Mrs.
Nilman said, looking up at her.
Nihil had become very pale, and her large black
eyes had a startled, anxious look in them.
A sudden suspicion had come to her—a thought
at terrified her, and made her feel as if the
whole world were suddenly slipping from her
feet.

"Yes, I am nineteen," she forced herself to say, in reply to Mrs. Stillman's inquiry.

"I thought so. Dear child, you are very beautiful, and I believe my little Nibby would have as lovingly had she been spared."

Nibby's heart dropped like lead in her bosom. The child—she had forgotten it for the moment had had the same name also!

But, then, grasping eagerly at the doubt, there were probably many Nibbys in the world, although a precious Nibby.

She took up her book to read again—she would not be so imaginative and foolish. She found the place where she had left off, and began to read; but the words all looked strange and seemed to have no meaning; they are like empty sounds.

Nie laid the book down again, but kept her nerve between the leaves—she would rest a few minutes, and perhaps, this strange shirr in her hand, would be the first auspicious word she saw.

The alarm on the bed lay very still, watching

by, or appearing to do so, and every little while they could catch the glitter of tears as they rolled over her pale cheeks.

She turned and looked at her, an irresistible desire seizing her to study her face.

Mrs. Stillman closed her eyes, and lay as if unconscious of her scrutiny, and Nibyl realized at that moment once have been quite handsome, though with a kind of beauty, which, to her, was not attractive; it was too coarse and pro-

The thought which glanced through her brain made her shiver and turn cold with dread, and she resolved she would not give it form. Until she sat silent, thinking all manner of things and studying that passive face. Once or twice she opened her lips to speak, but stopped abruptly.

"What did your little girl die of?"

She did not mean to ask it—she had not meant

say another word about the dead child, but seemed as if some power outside herself had freed the words from her lips in hoarse, unnatural tones. Her face was devoid of every vestige of color, leaning forward, she waited breathlessly the

The dark eyes upon the bed flew open at the
 motion, and a look of horror filled them.
 "What did she die of? Oh, Heaven, my dear
 young lady, my bright, beautiful darling did not
 die! I could have borne that she was killed!"
 "Killed! How?" the white lips demanded, as
 a covering horror looking down upon the woman
 at the bed.
 "Oh, my pretty baby--oh, it breaks my heart

"How was your child killed?" again demanded
"Oh, my! and no one would ever have recognized
his voice that put the question
It seemed to her as if she were held in the
clutches of some horrible nightmare, as if she were

"I must not tell you any more," she answered, with an apparent effort to speak calmly. "I have

"No—I cannot forget. Tell me how your child
killed. I want to know—I must know."
Mrs Stillman glanced at her uneasily. She
did not begin prepared for anything quite so
graphic as this.
She turned her face away from those ab-

In a railway accident! Oh, I cannot tell you more! It tears my heart afresh to speak it."

In a railway accident!
Oh, Heaven! could she ever bear to hear the
not hear it she must. There could be no rest,
peace or quietness after this for her, until
she knew the whole fatal story.

"Where?" the white lips formed the word, but sound came from them.

"On the eastern coast of England, between Scarborough and Bridlington."

"Do you know that she was killed—did you hear after—the accident?"

"Very deliberately now the words came; very fully, at least to all outward appearance. The

young girl spoke, but the anguished eyes had come like glowing coals of fire.

"No, no, I never saw her after the first 'back'!"

The woman answered, in wondering, awe-struck tones. "I was injured and sick for a long time in nervous prostration, and when at last I was able to know about it, they told me that there were several children among the killed, who

(CONTINUED ON PAGE 34)

What American Women Can Do In War

Told by Dr. Esther Lovejoy

ILLIONS of poetic American women want to know what they can do to help save their country from the war. The most of these are already doing their utmost under the most unfavorable circumstances but are anxious to do more, and wish if they could render their services in some other way in some other place—perhaps by France or even close to the front. The question arises, what can American women can help and in fact are doing? The answer is, they are doing all the ways in which they cannot take those

In fact, we are helping ourselves most, because the fight that is won in France will not be won here. Dr. Lovelace went to France as a free lance, and he is now working in the direction of the Red Cross. He is doing the work that the French army is doing." "What are they doing?" "Everything that the men are doing. The work that was to be done was, and their own work besides. The work that was to be done by the Red Cross was being cut out. There is no time

"There is one thing I want especially to impress on American women, and that is that they should

to go to France to do what work they can; and to get them the things they need. I have seen them in the hospitals, and in the bandages, supplies of all sorts, which can be made here better than they can there. We have better facilities to work with. And the living conditions are very much more comfortable. It is hard to get food here, but here they will get the meat, the rest of food down to the last morsel. It is entirely possible for a woman who could be of real value by doing the housework, to be sent to France for a year or two, to get training for a few years, and then to be sent back to France. In the section held by the Germans, most of whom are little children, many of them orphans, have been coming through Evian at the rate of a thousand a day, you begin to get a very small idea of what it is like. There are a great many children of the children of the evicted French, and many are too young to be of service to the Germans. Sometimes their parents are dead, or lost, or worse.

work here to cost more than her work would be worth there. Moreover, she would not want to go if the woman who long to help could not do a great work here, because she can, and all that they have over there depends upon the work of American women. They must know that they have out backing and out plying the pickets. The French people are rising to the emergency and looking after these youngsters is simply wonderful.

"All these things must be considered if our help is to be truly worth while. It isn't just what we would like to do, but what will help France most, that we should think about. And we are not only helping France, but ourselves."

Raise of Subscription Rate Postponed until June First

We have yielded to the requests from club-raisers for a month's extension of time in which to fill their subscription clubs at the old subscription rate of 25 cents a year. Therefore the

Yearly Rate Will Be 25 Cents through May

Subscriptions mailed any time before the first day of June will be accepted at the old,

The time is short. So make the most of it to get all the subscriptions you can before the price goes up to 35 cents a year on the first of June. Cost of premiums is rising, but we continue our

Bargain Premium Offers through May

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Bargain Premium Offers through May

These City Physicians Explain Why They Prescribe Nuxated Iron

To Make Healthier Women and Stronger, Sturdier Men

NOW BEING USED BY OVER THREE MILLION PEOPLE ANNUALLY

By enriching the blood and creating thousands of new red blood cells, it often quickly transforms the flabby flesh, toneless tissues, and pallid cheeks of weak, anemic men and women into a glow of health. Increases the strength of delicate, nervous, run-down folks in two weeks' time in many instances.

IT is conservatively estimated that over three million people annually in this country alone are taking Nuxated Iron. Such astonishing results have been reported from its use both by doctors and laymen, that a number of physicians in various parts of the country have been asked to explain why they prescribe it so extensively, and why it apparently produces so much better results than were obtained from the old forms of inorganic iron.

Extracts from some of the letters received are given below.

Dr. Ferdinand King, a New York Physician and Medical Author, says: "There can be no vigorous iron men without iron. Palor means anemia."

"Anemia means iron deficiency. The skin of anemic men and women is pale; the flesh flabby. The muscles lack tone, the brain lags and the memory fails and they become weak, nervous, irritable, despondent and melancholy. When the iron goes from the blood of women the roses go from their cheeks."

"In the most common foods of America, the starches, sugars, table syrups, candies, polished rice, white bread, soda crackers, biscuits, macaroni, spaghetti, tapioca, sago, farina, degenerated corn-meal, no longer is iron to be found. Refining processes have removed the iron of Mother Earth from these impoverished foods, and silly methods of home cooking, by throwing down the waste-pipe the water in which our vegetables are cooked, is responsible for another grave iron loss."

"Therefore you should supply the iron deficiency in your food by using some form of organic iron, just as you would use salt when your food has not enough salt."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago and former House Surgeon, Jefferson Park Hospital, Chicago, in commenting on Nuxated Iron, says: "It has been my particular duty during the past six years to assist in keeping Chicago's five thousand blue-coats in good health and perfect fighting trim so that they would be physically equipped to withstand all manner of storms and the ravages of nature's elements."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago and former House Surgeon, Jefferson Park Hospital, Chicago

"Recently I was prompted through an endorsement of Nuxated Iron by Dr. Schuyler C. Jaeger, Visiting Surgeon of St. Elizabeth's Hospital, New York, to give it a trial. This remedy has proven through my own tests of it to excel any preparations I have ever used for creating red blood, building up the nerves, strengthening the muscles and correcting digestive disorders."

Dr. James Francis Sullivan, formerly Physician of Bellevue Hospital (Outdoor Dept.) New York, and the formerly physician of Westchester County Hospital of Bellevue (Outdoor Dept.), N. Y., and the Westchester County Hospital, said: "I have strongly emphasized the great necessity of physicians making blood examinations of their weak, anemic, run-down patients. Thousands of persons go on year after year suffering from physical weakness and a highly nervous condition due to lack of sufficient iron in their red blood corpuscles, without even realizing the real and true cause of their trouble. Without iron in your blood your food merely passes through the body, somewhat like corn through an old mill with rollers so wide apart that the mill can't grind."

"But in my opinion you can't make strong, vigorous, successful, sturdy iron men by feeding them on metallic iron. The old forms of metallic iron must go through a semi-digestive process to transform them into organic iron—Nuxated Iron—before they are so ready to be taken up and assimilated by the human system."

"Notwithstanding all that has been said and written on this subject by well-known physicians, thousands of people still insist in dosing themselves with metallic iron simply, I suppose, because it costs a few cents less. I strongly advise readers in all cases, to get a physician's prescription for organic iron—Nuxated Iron—or if you don't want to go to this trouble then purchase only Nuxated Iron in its original packages and see that this particular name (Nuxated Iron) appears on the package. If you have taken preparations such as Hux and iron and other similar iron products and failed to get results, remember that such products are an entirely different thing from Nuxated Iron."

Dr. Schuyler C. Jaeger, Visiting Surgeon, St. Elizabeth's Hospital, New York

Dr. Schuyler C. Jaeger, Visiting Surgeon of St. Elizabeth's Hospital, of New York City,

said: "I have never before given out any medical information or advice for publication, as I ordinarily do not believe in it. But in the case of Nuxated Iron I feel I would be remiss in my duty not to mention it. I have taken it myself and given it to my patients with most surprising and satisfactory results. And those who wish quickly to increase their strength, power and endurance will find it a most remarkable and wonderfully effective remedy."

Dr. T. Alphonso Wallace, a physician of many years' experience in this country and who has been given many honorary titles in England, says: "I do not make a practice of recommending advertised medicinal products, but I have found Nuxated Iron so potent in nervous, run-down conditions, that I believe all should know of it. The men and women of today need more iron in their blood than was the case twenty or thirty years ago. This because of the demoralized diet which now is served daily in the homes and also because of the demand for greater resistance necessary to offset the greater number of health hazards to be met at every turn."

If people would only take Nuxated Iron when they feel weak or run-down, instead of dosing themselves with habit-forming drugs, stimulants and alcoholic beverages, there are probably thousands who might readily build up their red blood corpuscles, increase their physical energy and get them."

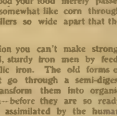
Dr. T. Alphonso Wallace serves into a condition to ward off the millions of diseases which are almost continually around us. It is surprising how many people suffer from iron deficiency and do not know it.

If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. Numbers of nervous, run-down people who were ailing all the while have most astonishingly increased their strength and endurance simply by taking gum in the proper form. And this, after they had in some cases been going on for months without getting benefit from anything. Many an athlete and prize-fighter has won the day simply because he knew the secret of great strength and endurance which comes from having plenty of iron in the blood, while many another has gone down in inglorious defeat simply for lack of iron.

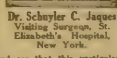
MANUFACTURER'S NOTE: Nuxated Iron, which is recommended and endorsed by physicians, is not a secret remedy, but one which is well known to druggists everywhere. Unlike the older inorganic iron products, which are often adulterated to injure the body, make them black, and cause the stomach to reject them, Nuxated Iron is a pure, safe, and effective remedy. It is composed of all good druggists and general agents.



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Dr. Schuyler C. Jaeger, Visiting Surgeon, St. Elizabeth's Hospital, New York



Dr. A. J. Newman, late Police Surgeon of the City of Chicago and former House Surgeon, Jefferson Park Hospital, Chicago

